






Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 Enhance Fitness</p> <p>9:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:00 Enhance Wholeness Life-style</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno</p> <p>1:00 Healthy & Powerful</p> <p>2:00 CHSWC Virtual Voyages</p> <p>3:00 </p>	<p>3</p> <p>9:00 Active Living Every Day</p> <p>10:00 NUTRITION - Atoms Apple with Dr. Amy</p> <p>11:00 DC State Chess Fed.</p> <p></p> <p>1:00 Chair Yoga</p> <p>1:00 Just Rock-Voice</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club</p>	<p>4</p> <p>9:30 Pilates </p> <p>10:30 CHSWC Assembly Meeting</p> <p></p> <p>12:00 Enhance Fitness</p> <p>12:30 Spiritual Studies</p> <p>12:30 Tai Chi</p> <p>2:00 PRESENTATION-Medical Cannabis Program for DC Residents 65 & Older</p>	<p>5 SIDEWALK SALE</p> <p>9:00 Tight Body </p> <p>10:00 Line Dancing</p> <p>11:00 Just Rock-Music Theory</p> <p>12:30 Pokeno</p> <p>1:00 NUTRITION - Atoms Apple with Dr. Amy</p> <p>2:00 PRESENTATION-Affinity Fraud & Covid-19 Scams, Idriys Abdullah</p> <p>3:00 Active Living Every Day</p>	<p>6</p> <p>9:30 Enhance Fitness</p> <p>10:30 DC State Chess Fed. - Beginner's Chess</p> <p>11:00 DC State Chess Fed.</p> <p>11:30 HAPPY</p> <p></p> <p>2:00 Just Rock - Song Writing</p> <p>3:00 Cinema Time-BYOP</p>
<p>9</p> <p>8:30 Enhance Fitness</p> <p>9:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno</p> <p>1:00 Healthy & Powerful</p> <p>2:00 VV: Peculiar Palate Pleasures & People (NEW)</p> <p>3:00 </p>	<p>10</p> <p>9:00 Active Living Every Day</p> <p>10:00 NUTRITION - Atoms Apple with Dr. Amy</p> <p>11:00 DC State Chess Fed.</p> <p>12:00 SOCIAL-Older American Month -MPD Side-by-Side Band</p> <p></p> <p>1:30 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p>	<p>11</p> <p>9:30 Pilates</p> <p>10:30 Smart Tech/Social Media</p> <p>11:30 Enhance Fitness </p> <p>12:00 PRESENTATION-East River Regional Socialization Hub</p> <p>1:00 Spiritual Studies</p> <p>1:00 Tai Chi</p> <p>2:00 A Sprinkle of Gentle Yoga</p> <p>3:00 Zumba Dance</p>	<p>12</p> <p>9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea </p> <p>10:00 Line Dancing</p> <p>11:00 Just Rock-Music Theory</p> <p>12:30 Pokeno</p> <p>1:00 NUTRITION - Atoms Apple with Dr. Amy</p> <p>3:00 Active Living Every Day </p>	<p>13</p> <p>9:30 Enhance Fitness</p> <p>10:30 DC State Chess Fed. - Beginner's Chess</p> <p>11:00 DC State Chess Fed.</p> <p>11:30 CHSWC at "The Gathering"</p> <p>1:00 PRESENTATION-Environmental Equity Tour, Greater Washington Region Clean Cities Coalition</p> <p>2:00 Just Rock - Song Writing</p> <p>3:00 </p>
<p>16</p> <p>8:30 Enhance Fitness</p> <p>9:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno</p> <p>1:00 Healthy & Powerful</p> <p>2:00 CHSWC Virtual Voyages</p> <p>3:00 Goggle Universe </p>	<p>17</p> <p>9:00 Active Living Every Day</p> <p>10:00 PRESENTATION-Stop the Bleed, Kenyatta Hazelwood, Howard University</p> <p>11:00 DC State Chess Fed.</p> <p>12:00 PRESENTATION- Pay Attention to Politics: Committee of the Whole</p> <p>1:00 Just Rock-Voice</p> <p>1:00 Chair Yoga</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p>	<p>18</p> <p>9:30 Pilates </p> <p>11:30 Enhance Fitness</p> <p>12:30 Spiritual Studies </p> <p>12:30 Tai Chi</p> <p>1:00 PRESENTATION-DACL New Ward 8 SWC Focus Group @CHSWC</p> <p>3:00 Zumba Dance </p>	<p>19</p> <p>9:00 Tight Body </p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing </p> <p>11:00 Just Rock-Music Theory</p> <p>12:00 PRESENTATION-Home Preservation, Legal Counsel for the Elderly</p> <p>12:30 Pokeno</p> <p>3:00 Active Living Every Day </p>	<p>20</p> <p>9:30 Enhance Fitness</p> <p>10:30 DC State Chess Fed. - Beginner's Chess</p> <p>11:00 DC State Chess Fed.</p> <p>11:30</p> <p></p> <p>2:00 Just Rock-Song Writing</p> <p>3:00 Cinema Time-BYOP</p>

<p>23</p> <p>8:30 Enhance Fitness</p> <p>9:30 Tai Chi</p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno</p> <p>1:00 Healthy & Powerful</p> <p>2:00 VV: Peculiar Palate Pleasures & People (NEW)</p> <p>3:00 Black History</p> 	<p>24</p> <p>9:00 Active Living Every Day</p> <p>10:00 PRESENTATION-Active Shooter Response, US Attorney's Office</p> <p>11:00 DC State Chess Fed.</p> <p>1:00 Chair Yoga</p> <p>1:00 Just Rock-Voice</p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory</p> 	<p>25 MAYOR'S SENIOR FEST (10-3)</p> <p>9:30 Pilates</p> <p>10:30-Smart Tech/SocialMedia</p> <p>11:30 Enhance Fitness</p> <p>12:30 Spiritual Studies</p> <p>12:30 Tai Chi</p> <p>2:00 A Sprinkle of Gentle Yoga</p> <p>3:00 Zumba Dance</p> 	<p>26</p> <p>9:00 Tight Body</p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing</p> <p>11:00 Just Rock-Music Theory</p> <p>12:30 Pokeno</p> <p>1:00 SOCIAL-Ladies, Let's Tell It All!</p> <p>3:00 Active Living Every Day</p> 	<p>27</p> <p>9:30 Enhance Fitness</p> <p>10:30 FOOD DEMO - with Chef Herb</p> <p>10:30 DC State Chess Fed. - Beginner's Chess</p> <p>11:00 DC State Chess Fed.</p> <p>11:30 CHSWC at "The Gathering"</p> <p>1:00 Open</p> <p>2:00 Just Rock-Song Writing</p> <p>3:00 Bingo!</p> 
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30

CENTER CLOSED



31

9:00 Active Living Every Day

10:00 NUTRITION - Atoms Apple with Dr. Amy

11:00 DC State Chess Fed.



1:00 Chair Yoga

1:00 Just Rock-Voice

2:00 Line Dancing

3:00 Sibley Club Memory




6th



CHANGES & NEW PROGRAMS



- Chair Yoga-time change Tuesday to 1pm with the exception 10th, 1:30
- Virtual Voyages: Peculiar Palate Pleasures & People (NEW 2nd & 4th Monday)
- No Just Rock-Voice Tuesday, 10th
- Nutrition-cancelled 17th, 19th, 24th, 26th

20th



Congress Heights Senior Wellness Center

VIDEO/AUDIO CONFERENCE

- Zoom.us or download the Zoom app directly from Apple Store or Playstore
- Once download, click on "Join A Meeting"
- Enter Meeting ID 298-827-6610 **OR No video?** Join the Zoom meeting by dialing (301)715-8592 and enter the Meeting ID code 298-827-6610 press #, for participant code press #. Note: mute or unmute press *6
- Some classes held in "Break-out Rooms"- Please click "join" to enter

CHSWC SOCIAL MEDIA

Check out

YouTube




CHSWC@heightsseniortv on: Or type in the search/browser box: CHSWC and #CHSWC

PRESENTATIONS

- Medical Cannabis Program for DC Residents 65 & Older(4th)
- DC Dept of Insurance, Securities & Banking, Idriys Abdullah (5th)
- Older American Month Social-MPD Side-by-Side Band (10th)
- East River Regional Socialization Hub (11th)
- Stop the Bleed, Howard University (17th)
- Pay Attention to Politics: Committee of the Whole (17th)
- DACL New Ward 8 SWC Focus Group @CHSWC (18th)
- Home Preservation, Legal Counsel for the Elderly (19th)
- Active Shooter Response (24th)
- Mayor's Senior Fest (25th)
- SOCIAL-Ladies, Let's Tell It All! (26th)
- Food Demo - Chef Herb, UDC (27th)

